



March 2024

Vashon Senior Center
 10004 SW Bank Road
 Phone 206-463-5173

Office Hours: Monday, Tuesday, Wednesday & Friday: 9am–3pm
Lunch: Monday, Wednesday & Friday: 11:45am, 11:30-ish for delivery
Menu subject to change with little or no notice



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Coconut Curry Veggie Soup (V, GF) 9am Zumba 10am Spinal Mobility 1pm Talk: Maria Women's History 2:30pm First Friday Carol Digardi	2 10am Wild Walkers
3	4 Hawaiian Meatballs and Rice 10am Canasta 1pm Mah Jongg 1pm End of Life talk 2:30pm Smartphones	5 9am Spanish Lessons 9:15am Meals on Wheels 10am Foot Care 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	6 Cabbage Rolls (V option) 10am Photo Club via Zoom 11am DOVE Project 12:45pm Word Play 1pm Party Bridge	7 Closed 9:30am Mah Jongg 12:30pm Tai Chi Introduction 1pm Tai Chi 1pm Low Vision 2pm MM Journaling	8 Spinach and Artichoke Baked Chicken 9am Zumba 10am Spinal Mobility 1pm Talk: Heritage Museum 2pm Threshold Choir Song Bath	9 10:30am Second Saturday Knitters
10 Daylights Savings Time Ramadan Begins	11 Tater Tot Nachos 10am Canasta 12:45pm Caricature with River 1pm Mah Jongg	12 9am Spanish Lessons 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	13 Chicken Stew 10am Photo Club via Zoom 1pm Frog Holler Square Dance 1pm Party Bridge 7pm Computer Club	14 Closed 9:30am Mah Jongg 12pm Haven Rescue Dance 12:30pm Tai Chi Introduction 1pm Tai Chi 2pm Watercolor	15 Corned Beef and Cabbage 9am Zumba 10am Spinal Mobility 11:45am St. Patrick's Day Lunch FUN Committee 1pm STG at Ober Park Bldg	16
17 St. Patrick's Day	18 Hamburger Stroganoff 10am Canasta 1pm Senior Saints 1pm Mah Jongg 2:30pm Smartphones	19 9am Spanish Lessons 9:15am Meals on Wheels 10am Foot Care 10am Scrabble 10:15am Library 2 Go 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	20 Pork Casserole 10am Photo Club in Center 12:30pm VFD Blood Pressure Check 12:45pm Word Play 1pm Party Bridge	21 Closed 9am Trip Tacoma Arts 9:30am Mah Jongg 12:30pm Tai Chi Introduction 1pm Tai Chi 2pm MM Journaling	22 African Peanut Stew (V, GF) 9am Zumba 10am Spinal Mobility 1pm Talk: Nature Center	23
24	25 BBQ Chicken Drumsticks with Beans and Slaw 10am Canasta 11:45am Feb Birthday Lunch 1pm Mah Jongg 1:30pm Book group 2:30pm Smartphones 3:30pm Board meeting	26 9am Spanish Lessons 9:15am Meals on Wheels 10am Scrabble 10:30am Knit Wits & Hookers 1pm Pinochle 1:30pm Music Mends Minds 4pm Meditation 6:15pm Vashon Bridge Group	27 Meatloaf 10am Photo Club via Zoom 12:45pm Sally Fox 1pm Party Bridge 6pm Multigenerational Book Group at the Library	28 Closed 9:30am Mah Jongg 12:30pm Tai Chi Introduction 1pm Tai Chi 2pm Watercolor	29 Clam Chowder 9am Zumba 10am Spinal Mobility 1pm Talk: VHH	30
31 Easter						